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(54) Title: NATURAL ASTAXANTHIN EXTRACT REDUCES DNA OXIDATION

(57) Abstract: Provided herein are methods for reducing oxidative DNA damage in a subject, by administering to the subject astaxanthin, for instance a natural, astaxanthin-enriched extract from *Haematococcus pluvialis*. It is shown that doses as low as 2 mg/day, given orally to a human subject for a period of four weeks, is sufficient to reduced measurable endogenous oxidative DNA damage by about 40%.